



Home On The Range



Poultry For Dinner

Any meal can become a special occasion with these poultry dishes.

Today's chicken and turkey are available in a variety of forms to minimize preparation time and add creativity to your menu.

Poultry is economical, too. Because chicken is naturally low in fat content and calories, even those with special diets enjoy chicken.

There's no end to the different ways poultry can be served. Here are recipes you are sure to enjoy.

CHICKEN POT PIE

Ready-to-use refrigerated biscuits top this main dish.

1 can cream of broccoli soup
1 can creamy chicken mushroom soup

1 cup milk
¼ teaspoon thyme leaves, crushed

¼ teaspoon pepper
4 cups cooked vegetables (broccoli, cauliflower, carrots, and potato)

2½ cups cubed cooked chicken
1 package refrigerated biscuits

In 3-quart oblong baking dish, combine soup, milk, thyme, and pepper. Stir in vegetables and chicken. Bake at 400 degrees for 15 minutes or until mixture begins to bubble. Stir.

Meanwhile, cut biscuits into quarters, cutting almost but not all the way through the bottom. Remove dish from oven and stir.

Arrange biscuits over hot chicken mixture. Bake 15 minutes more or until biscuits are golden brown.

Sarah Clark
Breezewood

NO-SALT BAKED CHICKEN

8 broiler-fryer chicken thighs, skin removed

1 clove garlic, split
3 tablespoons maple syrup
2 tablespoons prepared mustard
1 teaspoon grated onion
¼ teaspoon pepper
¼ teaspoon curry powder

Rub each chicken thigh with garlic; arrange in baking pan. Mix maple syrup, mustard, onion, pepper, and curry powder in small bowl. Brush syrup-mustard sauce on chicken, then sprinkle with pepper. Bake chicken in preheated 350 degree oven for 30 minutes. Remove from oven, turn chicken and brush with remaining syrup-mustard sauce. Bake additional 30 minutes until brown and crisp and fork can be inserted with ease. 4 servings.

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COUNTRY HERBED CHICKEN

2 tablespoons vegetable oil
3 pounds broiler-fryer chicken, cut up

2 cans creamy chicken mushroom soup

½ cup white cooking wine
2 tablespoons chopped fresh parsley

¼ teaspoon thyme leaves, crushed

¼ teaspoon rosemary leaves, crushed

½ pound baby carrots
8 small whole white carrots

In 4-quart Dutch oven over medium heat, brown chicken for 10 minutes in hot oil. Remove chicken, set aside. Spoon off fat.

Add next five ingredients. Return chicken to Dutch oven. Heat to boiling. Reduce heat to low. Cover and simmer 15 minutes. Add carrots and onions. Simmer 20 minutes or until chicken is tender. Serve with hot cooked white potatoes.

Sarah Clark
Breezewood

SMOKEY CHICKEN BREAST FILLETS AND APPLES

6 skinless, boneless chicken breast fillets

1½ teaspoon liquid smoke, divided

½ teaspoon poultry seasoning

½ teaspoon salt
¼ teaspoon mace

¼ teaspoon nutmeg
¼ teaspoon dry mustard

¼ teaspoon pepper
3 tablespoons clarified butter

3 cooking apples, peeled, sliced
Rub each chicken breast fillet with ¼ teaspoon liquid smoke. In small bowl, mix together poultry seasoning, salt, mace, nutmeg, dry mustard, and pepper; sprinkle on both sides of chicken and let set about 5 minutes. In 10-inch non-stick frypan over medium temperature, pour clarified butter and heat about 2 minutes. Add seasoned chicken fillets and cook about 5 minutes. Turn chicken and add apples, arranging so they touch bottom and sides of pan and lie on top of chicken; cook 5 minutes more. Rearrange so that chicken is on top of apples; cook about 4 minutes more or until chicken and apples are tender. Makes 6 servings.

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Chicken breasts continue to be a popular choice by those who want nutrition, taste, and lower calories.

CREAMY TOMATO CHICKEN DIP

1 pound ground chicken
¼ cup chopped onion
1 clove garlic, minced
8-ounces tomato sauce
¼ cup catsup
¼ teaspoon oregano
1 teaspoon sugar
8-ounces cream cheese
½ cup grated parmesan cheese

Heat frypan to medium temperature. Add chicken, onion, and garlic, cooking, stirring, until chicken is brown and onion is tender, about 5 minutes. Add tomato sauce, catsup, sugar, and oregano. Stir well, cover, reduce heat to low and simmer about 10 minutes. Add cheeses; stir and cook on low until cheese is melted, about 5 minutes. Serve in chafing dish with warm nacho chips for dipping. Makes about 3 cups dip.

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SMOKED TURKEY ROLL-UPS

4 flour tortillas (8 in. diameter)
1 8-ounce package herb-flavored soft cheese

12 ounces smoked turkey breast, sliced thin

2 green onions, sliced lengthwise into quarters

Spread one half the amount of cheese equally over tortillas. Layer the turkey slices evenly onto the cheese and then spread the remaining cheese over the turkey slices.

At each edge of the tortilla, place 2 quarters green onion, alternately green with white onion top. Roll up tortilla, jelly-roll style. Place turkey tortilla rolls, seam side down, in self-closing plastic bag; refrigerate overnight.

To serve, cut each turkey tortilla roll-up crosswise, into ½-inch slices to form pinwheels.

Round Hill Turkey

AUNT MARY'S SPECIAL CHICKEN

2 packages boneless chicken breasts

16 slices chipped beef
8 slices partly-fried bacon

8 ounces cream cheese
2 10-ounce cans cream of mushroom soup

Sliced Swiss cheese

Wrap each breast half in 2 slices of chipped beef and one slice bacon. Place in casserole dish and cover with Swiss cheese. Heat mushroom soup and cream cheese until cream cheese is melted. Pour over chicken. Bake at 350 degrees about 40 minutes or until fork can be inserted in chicken with ease.

Wampler-Longacre

ROSY LOW-CAL CHICKEN

4 deboned chicken breasts
¼ teaspoon onion salt

¼ cup tomato juice
¼ cup chopped green pepper

¼ teaspoon soy sauce

Place chicken in baking dish. Sprinkle with onion salt. In small bowl, mix together tomato juice, green pepper, and soy sauce; pour mixture over chicken. Place chicken in 400 degree oven and bake, uncovered, about 40 minutes or until fork can be inserted in chicken with ease, basting several times during cooking.

Wampler-Longacre

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Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date.

- October 8- National Chicken Month
- 15- Seafood Favorite
- 22- Pizza and Apple Month
- 29- Pumpkin Time
- November 5- Breads, Muffins, Biscuits

Featured Recipe

Is it a sweet potato or a yam?

According to the Louisiana Sweet Potato Commission, there are no true yams produced for food in the U.S. The yam, which is a common food in some parts of the world, is an entirely different plant than the sweet potato.

Today the word yam is used as a sort of trademark among produce wholesalers and retailers to identify sweet potatoes that are soft and moist and sweet when cooked with flesh that is a deep orange in color.

This is the season to use sweet potatoes or yams.

When you buy sweet potatoes, choose firm, well-shaped potatoes with bright, clean, and smooth skin.

Here is a recipe that is different and tasty from the Arnaudville High School FHA.

YAM CANDY

2 cups sugar
½ cup evaporated milk

¼ cup butter
1 cup chopped pecans

½ cup cooked, mashed yams
¼ teaspoon vanilla

3 tablespoons marshmallow cream

Bring sugar, milk, and butter to a boil for 2 to 3 minutes; add pecans and yams. Cook until it starts to sugar. Remove from heat; add vanilla and marshmallow cream. Beat until candy loses gloss. Pour into buttered dish. Cut into squares. Makes approximately 42 small pieces.